



South Pasadena Senior Center Meal Program

1102 Oxley Street, South Pasadena

Phone: (626) 403-7360 | Email: seniorcenter@southpasadenaca.gov

Five or seven day frozen meals available for weekly deliveries on Monday.

COST: \$3.00 per meal

MARCH 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Tuna Salad Sandwich on Roll Broccoli Salad & Corn Mustard Packet Fruit & Milk	1 Turkey Burger Potato Wedges Peas & Carrots Fruit & Milk	2 Beef & Pinto Bean Chili 5-Way Mixed Vegetables Corn Muffin Fruit & Milk	3 Breaded Pork Chop w/ Creamy Mustard Sauce Mashed Potatoes Green Beans & Cauliflower Dinner Roll Fruit & Milk	4 Beef Stroganoff w/ Noodles Green Beans Diced Carrots Fruit & Milk
7 Italian Vegetable Pasta Salad Matchstick Carrots Cherry Tomatoes Italian Dressing Packet Fruit & Milk	8 Chicken Fajitas Brown Rice & Black Beans Peppers & Onions Flour Tortillas Fruit & Milk	9 Lemon Dijon Chicken over Mashed Potatoes Sliced Zucchini Green Beans Biscuit Fruit & Milk	10 Beef Strip w/ Orange Sauce Brown Rice Carrots Broccoli Fruit & Milk	11 Salisbury Steak w/ Gravy Herbed Couscous Sliced Zucchini CA Vegetable Blend Dinner Roll Fruit & Milk
14 Chicken Taco Salad Pinto Beans Corn Baked Chips Fruit & Milk	15 Wet Chicken Burrito Green Salsa Pinto Beans Corn Fruit & Milk	16 Spaghetti w/ Turkey Meatballs Cauliflower 5-Way Mixed Vegetables Fruit & Milk	NEW! 17 Baked Turkey w/ French Onion Sauce Mashed Potatoes Green Beans & Corn Dinner Roll Fruit & Milk	18 Breaded Fish Potato Wedges Corn & Broccoli Muffin Fruit & Milk
21 Cajun Chicken Salad Sandwich Carrot Raisin Coleslaw Diced Jicama Fruit & Milk	22 Cheeseburger Sweet Potato Fries Sliced Zucchini Fruit & Milk	NEW! 23 Fish Fillet w/ Lemon Dijon Sauce over Mashed Potatoes Broccoli 5-Way Mixed Vegetables Dinner Roll Fruit & Milk	24 Chicken Alfredo Broccoli Diced Carrots Fruit & Milk	25 BBQ Turkey Meatballs over Mashed Potatoes Corn & Green Beans Dinner Roll Fruit & Milk
28 Turkey & Cheese Sandwich on French Roll Radish Slices Kale Slaw Mayo Packet Fruit & Milk	29 Caribbean Chicken Strips Seasoned Brown Rice Green peas Corn & Green Peppers Fruit & Milk	30 Chicken w/ French Onion Sauce Mashed Potatoes Green Beans Dinner Roll Fruit & Milk	31 Pasta w/ Pork Loin & Mushroom Gravy Steamed Spinach Cauliflower Fruit & Milk	NEW! 1 Chicken Tinga Brown Rice Black Beans Green Beans Fruit & Milk

NOTE: MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.